

What is stress, anxiety and depression?

- **Stress:** Any type of change that causes physical, emotional, or psychological strain. Can be caused by both positive (ex: new job, moving, planning a wedding) and negative events (ex: death of loved one, losing job, financial problems.)
- **Anxiety:** Emotional reaction to stress that is normal.
- **Anxiety Disorder:** Anxiety that is persistent, excessive, uncontrollable, disabling, and/or interferes with daily life.
- **Depression:** Feelings of being sad, hopeless, irritable, or lack of interest/pleasure in life. It is normal to have depression occasionally.
- **Depressive Disorder:** Depression symptoms that last more than 2 weeks, interferes with regular daily activities.



Symptoms of Anxiety & Depression

- Sleep problems
- Frequent illness
- Racing heartrate
- High blood pressure
- Headaches
- Muscle tension and aches
- Low energy

Self-Treatment for Stress

- Take a break- practice relaxation through meditation, listening to music, getting a massage, talking to friend, praying, etc.
- Limit alcohol and caffeine
- Exercise daily
- Eat well balanced meals
- Get enough sleep
- Practice deep breathing, counting to 10
- Give back- community service, volunteering, etc.
- Maintain positive attitude
- Learn your anxiety triggers

Treatments for Anxiety & Depressive Disorders

- Seeing a therapist
- Medications
- Relaxation techniques including meditation, breathing retraining, progressive muscle relaxation, exercise

Suicide Prevention Resources

- 1-800-273-TALK
- Text 741741